



## Examples of NDIS Goal and relevant NDIS Supports

### Health and Wellness

- **Improve Physical Fitness and Mobility:** This goal may involve participating in physical activities or exercises to improve strength, endurance, flexibility, or mobility. It could also involve accessing allied health services such as physiotherapy, occupational therapy, or exercise physiology to develop an individualized exercise plan.
- **Enhance Mental Health and Emotional Wellbeing:** This goal may involve accessing mental health services such as psychology, counselling, or therapy to address mental health concerns such as anxiety, depression, or stress. It could also involve developing coping strategies, mindfulness techniques, or self-care practices to promote emotional wellbeing.
- **Develop Healthy Eating and Nutrition Habits:** This goal may involve working with a dietitian or nutritionist to develop a healthy eating plan, learn about portion sizes, meal planning, and balanced nutrition. It could also involve developing cooking skills, grocery shopping, or meal preparation techniques to promote healthy eating habits.

## Examples of NDIS Goal and relevant NDIS Supports

- **Improve Sleep Patterns and Quality:** This goal may involve working with a sleep specialist (mainstream support), sleep psychologist, or an Occupational Therapy to improve sleep patterns and quality. It could involve developing healthy sleep hygiene practices, addressing sleep disorders, or managing factors that may impact sleep, such as anxiety, pain, or sensory sensitivities.
- **Manage Chronic Health Conditions:** This goal may involve accessing support and strategies to manage chronic health conditions such as diabetes, asthma, epilepsy, or other health conditions. It could involve medication management, symptom monitoring, or self-care strategies to minimize the impact of the condition on daily life. Support may include Nursing, Occupational Therapy, support at home and in the community.
- **Access Preventive Health Services:** This goal may involve accessing preventive health services, such as vaccinations, screenings, or health checks to maintain overall health and wellbeing. It could involve working with a primary care physician, allied health professional, or other healthcare providers to ensure regular health assessments and screenings are conducted. Support workers can assist in scheduling and supporting individuals to access these services.

## **Examples of NDIS Goal and relevant NDIS Supports**

- **Develop Stress Management and Coping Strategies:**  
This goal may involve accessing strategies and techniques to manage stress, such as relaxation techniques, mindfulness practices, or stress-reducing activities such as yoga or meditation. It could also involve developing problem-solving skills, time management, or other coping strategies to manage stressors in daily life. Support from a psychologist, counsellor or an Occupational Therapist could be beneficial. Support and access to community and group activities could also be considered.

### **Relationships**

- **Develop and Maintain Social Connections:** This goal may involve developing social skills, initiating and maintaining relationships, and participating in social activities such as joining social clubs, attending community events, or making new friends. It could also involve accessing support to develop and maintain relationships with family members, friends, or peers. Support from Allied Health professionals could assist in building skills to better engage in social activities. Support workers could accompany individuals to both mainstream and NDIS funded community based activities.

## Examples of NDIS Goal and relevant NDIS Supports

- **Enhance Communication Skills:** This goal may involve improving communication skills, such as speech and language development, using augmentative and alternative communication (AAC) devices, or sign language. It could also involve developing skills related to non-verbal communication, active listening, or understanding social cues to facilitate meaningful interactions with others.
- **Improve Relationship Building Skills:** This goal may involve developing skills related to building and maintaining relationships, such as understanding social norms, managing conflicts, resolving disputes, or showing empathy. It could also involve accessing relationship counseling, social skills training, or other interventions to improve relationship-building skills.
- **Strengthen Family Relationships:** This goal may involve strengthening relationships with family members, such as parents, siblings, or other close relatives. It could involve accessing family counseling, conflict resolution strategies, or communication skills training to improve family dynamics, understanding, and support.

## Examples of NDIS Goal and relevant NDIS Supports

- **Develop and Maintain Romantic Relationships:** This goal may involve developing skills related to romantic relationships, such as understanding dating etiquette, building intimacy, or maintaining healthy boundaries. It could involve accessing relationship counseling, sexuality education, or support in navigating romantic relationships.
- **Enhance Social Participation and Community Engagement:** This goal may involve participating in social activities, events, or programs in the community, such as volunteering, joining clubs, or attending social gatherings. It could also involve accessing support to overcome barriers to social participation, such as transportation, sensory sensitivities, or social anxiety.
- **Develop Self-Advocacy Skills:** This goal may involve developing skills to advocate for oneself in relationships, assert personal preferences and choices, and understand rights and responsibilities. It could involve accessing self-advocacy training, support in setting boundaries, or assertiveness skills development.

## **Examples of NDIS Goal and relevant NDIS Supports**

- **Enhance Peer Relationships:** This goal may involve developing and maintaining relationships with peers who share similar interests, hobbies, or experiences. It could involve accessing peer support groups, recreational programs, or social events to facilitate peer connections and social interactions.
- **Improve Community Inclusion:** This goal may involve accessing community-based activities, programs, or events to promote inclusion and participation in the local community. It could involve developing skills to navigate social settings, interact with community members, and build a sense of belonging.

## **Career and Professional Development**

- **Vocational Skills Development:** This goal may involve accessing vocational training or education to develop skills and qualifications in a chosen field or industry. It could involve enrolling in a course or program to learn job-specific skills, obtaining certifications, or gaining relevant work experience through internships or volunteering. Support from allied health professionals as well as support workers could be beneficial in achieving this goal.

## Examples of NDIS Goal and relevant NDIS Supports

- **Job Seeking Skills and Support:** This goal may involve accessing support to develop job seeking skills, such as resume writing, interview preparation, or job application techniques. It could involve working with a career counselor or employment service provider to identify job opportunities, improve job search strategies, and increase employability. SLES funding is available for those leaving school up to the age of 22.
- **Workplace Communication and Social Skills:** This goal may involve developing effective communication and social skills for the workplace, such as assertiveness, conflict resolution, teamwork, or professional etiquette. It could involve accessing social skills training, communication workshops, or coaching to enhance interpersonal skills in a work setting. Individual allied health support could also be considered.
- **Career Exploration and Planning:** This goal may involve working with a career counselor or mentor to explore different career options, identify strengths, interests, and values, and create a career plan. It could involve conducting informational interviews, job shadowing, or career assessments to gain insights into potential career paths. Finding and Keeping a Job funding would assist could be considered.

## Examples of NDIS Goal and relevant NDIS Supports

- **Entrepreneurship and Small Business Development:** This goal may involve exploring entrepreneurship or small business opportunities as a career path. It could involve accessing business development programs, mentoring, or financial support to start and manage a small business, including developing a business plan, marketing strategies, and financial management skills. Support worker assistance could also be beneficial in achieving this goal.
- **Workplace Accommodations and Assistive Technology:** This goal may involve identifying and accessing workplace accommodations or assistive technology to support career development and professional success. It could involve working with an occupational therapist or other relevant professional to assess workplace needs, recommend accommodations, and provide training on the use of assistive technology. The NDIS can fund supports in employment for individuals wishing to engage with a Disability Employment Services (DES) employer.



## Examples of NDIS Goal and relevant NDIS Supports

### Personal Growth and Development

- **Self-Reflection and Self-Awareness:** This goal may involve developing self-reflection and self-awareness skills to better understand oneself, identify strengths and weaknesses, and set personal goals. It could include accessing self-reflective exercises, journaling, or engaging in reflective practices, such as meditation or mindfulness, to increase self-awareness and self-growth. Support from a Psychologist, Counselor, Mentor or Recovery coach could assist in this goal.
- **Personal Interests and Hobbies:** This goal may involve pursuing personal interests and hobbies that bring joy, fulfillment, and a sense of accomplishment. It could include accessing community programs, recreational activities, or engaging in hobbies, such as art, music, sports, or other leisure activities that promote personal growth, creativity, and enjoyment. Assistance from a support worker to explore and access activities of interest could help to achieve this goal.
- **Cultural or Spiritual Exploration:** This goal may involve exploring one's cultural or spiritual identity and engaging in activities that foster cultural or spiritual growth. It could include accessing cultural or spiritual programs, joining community groups, or participating in activities that promote cultural awareness, diversity, and understanding.

## Examples of NDIS Goal and relevant NDIS Supports

### Financial and Material

- **Budgeting and Financial Planning:** This goal may involve developing skills to manage personal finances, create a budget, and plan for expenses. It could include accessing financial literacy programs, working with a financial advisor or planner, or attending budgeting workshops to learn about budgeting, saving, and financial planning.
- **Income Generation:** This goal may involve developing skills or exploring opportunities for income generation, such as finding employment, starting a small business, or participating in vocational training programs. It could include setting goals for job searching, skill development, or business planning, and accessing employment support services or small business development programs.
- **Benefits and Entitlements:** This goal may involve understanding and accessing available benefits, entitlements, and financial supports, such as government-funded disability pensions or grants. It could include working with a benefits advisor, accessing information resources, or navigating the relevant government systems to understand and access appropriate benefits and entitlements. A Support Coordinator, Support worker or Recovery Coach can assist in this space.

## **Examples of NDIS Goal and relevant NDIS Supports**

- **Money Management and Financial Literacy:** This goal may involve developing basic money management skills and financial literacy to make informed financial decisions. It could include accessing financial literacy programs, budgeting workshops, or working with a financial mentor or coach to learn about money management, savings, investments, and financial decision-making.

### **Lifestyle & Leisure**

- **Social Participation:** This goal may involve developing skills and strategies to participate in social activities and community events. It could include setting goals to attend social gatherings, join clubs or groups, participate in community activities, or engage in hobbies and interests that promote social interaction and community engagement. Allied health assistance to develop social and communication skills as well as assistance of a Support Worker to access mainstream and NDIS funded community-based activities.
- **Recreation and Leisure Activities:** This goal may involve engaging in recreational and leisure activities that promote physical, mental, and emotional well-being. It could include setting goals for regular exercise, sports, arts and crafts, music, gardening, or other recreational activities that the individual enjoys and promotes their overall well-being.

## Examples of NDIS Goal and relevant NDIS Supports

- **Travel and Transportation:** This goal may involve developing skills and strategies to access transportation and travel independently or with assistance. It could include setting goals for using public transportation, accessing travel training programs, learning to drive, or using accessible transportation options to increase mobility and independence.
- **Cultural and Community Participation:** This goal may involve engaging in cultural and community activities that promote inclusion and diversity. It could include setting goals to participate in cultural events, festivals, community programs, or volunteering opportunities to promote community involvement and cultural awareness.
- **Outdoor Activities and Nature-based Recreation:** This goal may involve engaging in outdoor activities and nature-based recreation to promote physical activity, sensory stimulation, and connection with nature. It could include setting goals for outdoor activities such as hiking, camping, fishing, or engaging in nature-based recreational activities such as gardening, bird-watching, or nature walks. Social and community participation funding as well as Short-term Accommodation/Respite funding could assist in reaching this goal.

## Examples of NDIS Goal and relevant NDIS Supports

- **Personal Interests and Hobbies:** This goal may involve pursuing personal interests and hobbies that promote engagement, self-expression, and well-being. It could include setting goals for hobbies such as painting, playing a musical instrument, photography, cooking, or engaging in any other activities that the individual enjoys and finds fulfilling.
- **Accessing Assistive Technology for Lifestyle and Leisure:** This goal may involve accessing assistive technology or equipment that supports participation in lifestyle and leisure activities. It could include setting goals for obtaining assistive devices, such as adaptive sports equipment, communication devices, or other assistive technologies that enhance participation in recreational and leisure activities.
- **Time Management and Planning for Leisure Activities:** This goal may involve developing skills and strategies for effective time management and planning to engage in leisure activities. It could include setting goals for planning leisure activities, scheduling regular leisure time, and managing time effectively to ensure adequate opportunities for leisure and recreation.

## Examples of NDIS Goal and relevant NDIS Supports

### Personal Values and Meaning

- **Purpose and Meaningful Activities:** This goal may involve identifying and engaging in activities that align with the individual's personal values, interests, and beliefs to create a sense of purpose and meaning. It could include setting goals to participate in activities that are meaningful and fulfilling, such as volunteering, engaging in advocacy efforts, or pursuing activities that contribute to a sense of purpose and fulfillment in life.
- **Cultural and Spiritual Connections:** This goal may involve fostering connections with cultural or spiritual practices that are important to the individual's identity and well-being. It could include setting goals for participating in cultural or spiritual activities, engaging with cultural or spiritual communities, or exploring and maintaining connections with cultural or spiritual beliefs and practices.
- **Emotional Well-being and Self-Reflection:** This goal may involve developing emotional awareness, self-reflection, and self-care strategies to enhance emotional well-being. It could include setting goals for engaging in activities such as mindfulness, meditation, journaling, or therapy to explore and understand emotions, thoughts, and feelings, and develop coping strategies for emotional well-being.

## Examples of NDIS Goal and relevant NDIS Supports

- **Pursuing Personal Interests and Passions:** This goal may involve pursuing personal interests, hobbies, and passions that bring joy, fulfillment, and a sense of purpose. It could include setting goals for engaging in activities that the individual is passionate about, such as art, music, sports, writing, or any other activities that align with their personal interests and values.
- **Building and Nurturing Meaningful Relationships:** This goal may involve developing and maintaining meaningful relationships with family, friends, peers, and the community. It could include setting goals for improving social skills, communication skills, and relationship-building strategies to foster positive and meaningful connections with others that align with the individual's values and beliefs.
- **Giving Back to the Community:** This goal may involve engaging in community service, volunteering, or advocacy efforts to make a positive impact on the community and contribute to a greater cause. It could include setting goals for engaging in community-based activities, volunteering for a cause or organization, or advocating for issues that are important to the individual's values and beliefs.

## Examples of NDIS Goal and relevant NDIS Supports

- **Engaging in Lifelong Learning and Personal Growth:** This goal may involve pursuing opportunities for continuous learning and personal growth that align with the individual's values and interests. It could include setting goals for further education, skill development, personal growth workshops, or engaging in lifelong learning activities that promote personal growth, self-improvement, and self-fulfillment.
- **Exploring and Expressing Personal Identity:** This goal may involve exploring and expressing personal identity, including aspects such as gender, sexuality, culture, and individuality. It could include setting goals for self-expression, exploration, and acceptance of personal identity, engaging in activities that promote self-identity and self-expression, and seeking support and resources that align with the individual's personal values and beliefs.
- **Engaging in Meaningful Daily Rituals and Practices:** This goal may involve developing and maintaining meaningful daily rituals or practices that align with the individual's personal values and beliefs. It could include setting goals for engaging in activities such as meditation, prayer, reflection, or other practices that promote a sense of meaning, purpose, and personal values in daily life.



## Examples of NDIS Goal and relevant NDIS Supports

### Contribution and Social Impact

- **Volunteering and Community Involvement:** This goal may involve setting targets for engaging in volunteering or community involvement activities that contribute to the well-being and betterment of the community. It could include goals such as volunteering at a local charity, participating in community events, or engaging in initiatives that positively impact the community.
- **Advocacy and Social Justice:** This goal may involve advocating for social justice, equality, and inclusivity. It could include setting goals for participating in advocacy efforts, raising awareness about social issues, and promoting positive change in policies and practices that affect individuals with disabilities and other marginalized groups.
- **Leadership and Mentorship:** This goal may involve developing leadership skills and serving as a mentor or role model for others. It could include setting goals for participating in leadership programs, taking on leadership roles in community organizations or groups, and mentoring others to help them achieve their goals.

## Examples of NDIS Goal and relevant NDIS Supports

- **Community Education and Awareness:** This goal may involve educating the community about disabilities, promoting awareness, and dispelling myths and misconceptions. It could include setting goals for delivering presentations, engaging in community education programs, and promoting inclusive attitudes and behaviors towards individuals with disabilities.
- **Support for Others:** This goal may involve providing support to individuals with disabilities or other marginalized groups. It could include setting goals for providing assistance, mentoring, or advocating for others, and helping them achieve their goals and overcome challenges.
- **Collaboration with Community Organizations:** This goal may involve collaborating with local community organizations, nonprofits, or advocacy groups to promote social impact and positive change. It could include setting goals for establishing partnerships, contributing to initiatives, and collaborating with like-minded organizations to achieve common goals.

## Examples of NDIS Goal and relevant NDIS Supports

### Life Transitions

- **Transitioning to Independent Living:** This goal may involve developing the skills and capabilities necessary to transition from a dependent living situation to living independently. It could include setting goals for learning daily living skills, managing personal care, managing household tasks, and navigating the community safely.
- **Transitioning to Employment:** This goal may involve transitioning from school or unemployment to employment or vocational training. It could include setting goals for job skills development, job-seeking skills, resume building, interview skills, and obtaining and maintaining employment.
- **Transitioning to Further Education or Training:** This goal may involve transitioning from school to further education or training, such as vocational courses, higher education, or specialized training programs. It could include setting goals for acquiring new skills, completing relevant qualifications, and accessing educational resources and support.
- **Transitioning to Retirement:** This goal may involve preparing for retirement and planning for a smooth transition into retirement life. It could include setting goals for financial planning, lifestyle adjustments, social engagement, and well-being during retirement.

## **Examples of NDIS Goal and relevant NDIS Supports**

- **Transitioning to New Living Arrangements:** This goal may involve transitioning to a new living arrangement, such as moving to a different home, a supported accommodation, or a care facility. It could include setting goals for planning and executing the move, adjusting to the new environment, developing new social connections, and accessing relevant support services.
- **Transitioning to Self-Management of NDIS Funds:** This goal may involve transitioning from managed or agency-managed funding to self-managing NDIS funds. It could include setting goals for developing financial management skills, understanding NDIS budgets, tracking expenses, and making informed decisions about the use of NDIS funds.
- **Transitioning to New Roles and Responsibilities:** This goal may involve transitioning to new roles and responsibilities, such as becoming a caregiver for a family member, taking on a leadership role in a community organization, or becoming a parent or guardian. It could include setting goals for developing skills, managing responsibilities, and navigating the changes in roles and relationships.

## Examples of NDIS Goal and relevant NDIS Supports

- **Transitioning to New Social Environments:** This goal may involve transitioning to new social environments, such as moving to a new community, starting a new social group, or joining a new organization. It could include setting goals for developing social skills, building social networks, and feeling comfortable and confident in new social settings.
- **Transitioning to a Different Care Arrangement:** This goal may involve transitioning to a different care arrangement, such as moving from in-home care to a care facility or transitioning from one care provider to another. It could include setting goals for planning and executing the transition, adjusting to the new care arrangement, and ensuring the individual's well-being and comfort throughout the process.
- **Transitioning to New Support Systems:** This goal may involve transitioning to new support systems, such as changing support providers, accessing different types of support services, or developing new networks of support. It could include setting goals for identifying and accessing appropriate support services, building relationships with new support providers, and navigating the changes in support systems.

## Examples of NDIS Goal and relevant NDIS Supports

### Education and Learning

- **Acquiring New Skills:** This goal may involve acquiring new skills, such as learning to read, write, use a computer, or develop specific vocational or recreational skills. It could include setting goals for attending relevant classes or courses, completing assignments, and achieving specific learning outcomes.
- **Educational or Vocational Training:** This goal may involve pursuing formal education or vocational training, such as enrolling in a diploma, degree, or vocational course. It could include setting goals for attendance, participation, and completion of the training program, as well as achieving specific learning or qualification outcomes.
- **Personalized Learning Plans:** This goal may involve developing personalized learning plans that cater to the unique needs and interests of the individual with a disability. It could include setting goals for identifying learning strengths and weaknesses, developing strategies to overcome challenges, and accessing appropriate resources and supports.

## **Examples of NDIS Goal and relevant NDIS Supports**

- **Accessing Educational Supports:** This goal may involve accessing appropriate educational supports, such as assistive technologies, modified learning materials, or additional learning aids. It could include setting goals for identifying and accessing relevant supports, integrating them into the learning process, and evaluating their effectiveness.
- **Developing Study Skills:** This goal may involve developing effective study skills, such as time management, note-taking, organization, and exam preparation. It could include setting goals for learning and implementing study skills, practicing them consistently, and monitoring progress.
- **Transitioning to Mainstream Education:** This goal may involve transitioning from special education or alternative learning arrangements to mainstream education, such as moving from a specialized school to a regular school or integrating into mainstream classrooms. It could include setting goals for developing social skills, academic skills, and independence in mainstream educational settings.

## **Examples of NDIS Goal and relevant NDIS Supports**

- **Lifelong Learning:** This goal may involve fostering a culture of lifelong learning, where the individual with a disability develops a passion for continuous learning and self-improvement. It could include setting goals for engaging in self-directed learning, exploring new interests, and pursuing personal development opportunities throughout their life.
- **Building Social and Learning Networks:** This goal may involve building social and learning networks, such as joining study groups, social clubs, or educational communities. It could include setting goals for developing social skills, networking, and building meaningful relationships with peers, mentors, and educators.
- **Transitioning to Different Educational Settings:** This goal may involve transitioning to different educational settings, such as moving from school to higher education, or changing schools or educational programs. It could include setting goals for planning and executing the transition, adapting to the new educational setting, and achieving specific learning outcomes.



## Examples of NDIS Goal and relevant NDIS Supports

### Functional and Skill Development

- **Daily Living Skills:** This goal may involve developing or improving skills related to daily living activities, such as personal hygiene, meal preparation, housekeeping, and managing personal finances. It could include setting goals for increasing independence, improving self-care skills, and developing routines for daily living.
- **Mobility and Transportation Skills:** This goal may involve developing or improving skills related to mobility and transportation, such as walking, using public transportation, or driving. It could include setting goals for increasing mobility, mastering public transportation, or obtaining a driver's license.
- **Communication Skills:** This goal may involve developing or improving communication skills, such as speech, sign language, or alternative communication methods. It could include setting goals for improving verbal or non-verbal communication, developing social skills, and using communication aids or devices.
- **Social Skills:** This goal may involve developing or improving social skills, such as making friends, engaging in social activities, and understanding social cues. It could include setting goals for developing social skills in different settings, such as home, school, work, or community, and improving social interactions.

## Examples of NDIS Goal and relevant NDIS Supports

- **Problem-Solving Skills:** This goal may involve developing or improving problem-solving skills, such as critical thinking, decision-making, and conflict resolution. It could include setting goals for identifying problems, developing problem-solving strategies, and evaluating their effectiveness.
- **Time Management Skills:** This goal may involve developing or improving time management skills, such as planning, organizing, and prioritizing tasks and activities. It could include setting goals for developing effective time management strategies, using calendars or schedules, and meeting deadlines.
- **Money Management Skills:** This goal may involve developing or improving money management skills, such as budgeting, saving, and financial planning. It could include setting goals for understanding money concepts, managing personal finances, and making informed financial decisions.
- **Functional Movement Skills:** This goal may involve developing or improving functional movement skills, such as gross and fine motor skills, coordination, balance, and strength. It could include setting goals for engaging in physical activities, participating in exercise programs, and improving physical abilities.

## Examples of NDIS Goal and relevant NDIS Supports

- **Independent Living Skills:** This goal may involve developing or improving skills related to independent living, such as managing personal care, household tasks, and community participation. It could include setting goals for increasing independence, developing life skills, and transitioning to living independently.
- **Enhance Personal Hygiene and Self-care Skills:** This goal may involve developing skills related to personal hygiene and self-care, such as bathing, grooming, dressing, or toileting. It could involve accessing support services, assistive devices, or skills training to improve independence and autonomy in self-care.
- **Computer and Technology Skills:** This goal may involve developing or improving computer and technology skills, such as using computers, software programs, internet, and assistive technology devices. It could include setting goals for improving digital literacy, using technology for communication or learning, and accessing online resources.
- **Meal Planning and Cooking Skills:** This goal may involve developing or improving skills related to meal planning, grocery shopping, and cooking. It could include setting goals for learning to plan and prepare healthy meals, follow recipes, and manage dietary restrictions.

## Examples of NDIS Goal and relevant NDIS Supports

- **Home Maintenance Skills:** This goal may involve developing or improving skills related to home maintenance, such as cleaning, laundry, and basic household repairs. It could include setting goals for learning to manage household tasks, maintain a clean and safe living environment, and develop basic DIY skills.
- **Sensory Integration Skills:** This goal may involve developing or improving sensory integration skills, such as sensory processing, self-regulation, and coping strategies. It could include setting goals for developing sensory awareness, managing sensory challenges, and building coping skills in different environments.
- **Cognitive Skills:** This goal may involve developing or improving cognitive skills, such as memory, attention, problem-solving, and decision-making. It could include setting goals for improving cognitive abilities, participating in cognitive training programs, and developing strategies for managing cognitive challenges.

## Examples of NDIS Goal and relevant NDIS Supports

- **Emotional Regulation Skills:** This goal may involve developing or improving emotional regulation skills, such as identifying emotions, managing stress, and building resilience. It could include setting goals for developing emotional awareness, coping with emotions, and building healthy emotional regulation strategies.
- **Personal Safety Skills:** This goal may involve developing or improving personal safety skills, such as road safety, stranger awareness, and emergency preparedness. It could include setting goals for learning safety rules, practicing safe behaviors, and responding to emergency situations.
- **Fine and Gross Motor Skills:** This goal may involve developing or improving fine and gross motor skills, such as hand-eye coordination, balance, and physical fitness. It could include setting goals for participating in physical activities, developing coordination skills, and improving physical fitness levels.